

THE NAVAJO NATION



JONATHAN NEZ | **PRESIDENT** MYRON LIZER | **VICE PRESIDENT**

August 16, 2022

Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 91 —Safety Precautions

WINDOW ROCK, AZ – The Navajo Health Command Operations Center is issuing uncontrolled spread of COVID-19 advisory for the following communities. The cases reflect dates July 29 – August 11, 2022. The advisory will be in effect until the risk and cases decline.

The following communities are identified as having uncontrolled spread of COVID-19:

Aneth	Fort Defiance	Lupton	Rock Springs	Teesto
Baca/Prewitt	Ganado	Manuelito	Rough Rock	Thoreau
Becenti	Hard Rock	Many Farms	Round Rock	Tohajiilee
Bird Springs	Hogback	Nageezi	Sanostee	Tohatchi
Black Mesa	Houck	Nahatadziil	Sheepsprings	Tonalea
Casamero Lake	Indian Wells	Naschitti	Shiprock	Tsaile/Wheatfields
Chichiltah	Iyanbito	Nazlini	Shonto	Tsayatoh
Chinle	Kaibeto	Newcomb	Smith Lake	Tselani/Cottonwood
Churchrock	Kayenta	Pinon	St. Michaels	Tuba City
Coyote Canyon	Lake Valley	Ramah	Standing Rock	Twin Lakes
Crownpoint	Leupp	Red Lake	Tachee/Blue Gap	Two Grey Hills
Dennehotso	Littlewater	Red Valley	Teecnospos	Upper Fruitland
Dilkon	Lukachukai	Rock Point		

All residents should take precautions to protect their health from the spread of COVID-19. Individuals with the following conditions are at higher risk of being affected from COVID-19.

People at Increased Risk for Severe Illness	Might be at Increased Risk for Severe Illness
<ul style="list-style-type: none">• Older Adults• Cancer• Chronic kidney disease• Chronic obstructive pulmonary disease• Heart conditions• Immunocompromised state• Obesity and severe obesity• Pregnancy• Sick cell disease• Smoking• Type 2 diabetes mellitus	<ul style="list-style-type: none">• Asthma• Cerebrovascular disease• Cystic fibrosis• Hypertension or high blood pressure• Immunocompromised state• Neurologic conditions, such as dementia• Liver disease• Overweight• Pulmonary fibrosis• Thalassemia• Type 1 diabetes mellitus

All residents should practice health and safety measures:

- Get vaccinated.
- Wear a mask in the public.

- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect frequently touched surfaces daily.
- Avoid touching your face, nose, and eyes with unwashed hands.
- Clean and disinfect your vehicle, home, workspace and other common areas on a regular basis.
- Social distance - keep 6 feet between yourself and others.
- Limit gatherings with individuals outside your immediate household.

For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website: <http://www.ndoh.navajonnsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.